



Navigating with a Coordinated School Health Framework

Why go this route?

- The health of young people and their academic success is inextricably intertwined. Students who are not healthy or do not feel safe at school understandably struggle to succeed. But a healthy, safe, and supportive school environment helps students and staff members do their best work and achieve the primary mission of schools, which is to educate students.
- Utilizing a coordinated school health framework is an efficient means of supporting student learning and school success by increasing student connectedness, helping students establish lifelong healthy behaviors, engaging parents, families and communities, and leveraging resources.

You'll know you've arrived when...

- Students and staff in your school feel physically and emotionally safe, supported, and challenged. Students are learning how to make healthy choices and practicing those choices daily because healthy food is always available and opportunities for physical activity occur throughout the day. Families and community members are involved in the schools. The physical environment of the school buildings and surroundings are welcoming, clean, and safe.
- The School Improvement Team includes a coordinated school health group and both speak the same language. Decisions are data driven and curricula, programs, and initiatives implemented within the school have been proven effective or are research-based. School health initiatives are woven into school improvement plans.

Construction Zone



It's about TIME

- Initial set-up meeting to gather team, select coordinator, and create vision and mission (1-2 hours).
- The needs and resources of each school and surrounding community can vary widely. As a result, the time required to address those needs will also vary widely.
- It should be noted that the best way to utilize the coordinated school health model is to use a streamlined process and incorporate the coordinated school health team into the work of the School Improvement Team. A streamlined process eliminates duplication of effort and therefore greatly reduces the time needed to implement coordinated school health.




Potential COSTS

- The cost of implementing coordinated school health will depend on the actions selected by the team. Many positive changes can be made with minimal cost.
- Coordinated school health involves the community in school health initiatives and leverages resources that reduce the cost to the district.

The Process

A step-by-step guide to using a coordinated school health framework.

NOTE: Steps marked with a  are accompanied by one or more inserts, included in this packet.

1 Form a Coordinated School Health Council

The Coordinated School Health Council should include representatives from all eight components of coordinated school health, including parents and students. A team leader should be selected to lead the group and keep it organized. Administrative buy-in is essential. See *INSERT for Step 1*.

- a. Create a Vision and Mission
- b. The Eight Components of Coordinated School Health (CSH)

2 Assess Needs and Resources

INSERT for Step 2 provides examples of ways to assess your schools needs and resources to support them.

- a. Student data – MiProfile for Healthy Youth (MiPHY)
- b. School data – Healthy School Action Tools (HSAT); Staff Surveys
- c. District data – Healthy School Report Card (HSRC)
- d. Parent/Family Data – Parent Surveys
- e. State-level Data – School Health Policies and Practices (SHPPS); Profiles
- f. Community Resources – Community Meetings

3 Create an Action Plan

INSERT for Step 3 details the steps involved in creating an action plan.

- a. Data driven decision-making (prioritize highest needs)
- b. Work plans and SMART Goals
- c. Address the Eight Components of Coordinated School Health
 - Nutrition Services
 - Family and Community Involvement
 - Healthy School Environment
 - Counseling, Psychological and Social Services
 - Health Services
 - Physical Education
 - Health Education
 - Health Promotion for Staff
- d. Connect to School Improvement Plan – Coordinated School Health IS School Improvement
- e. Communicate your Plan

4 Implement Plan

Now that you have created a Coordinated School Framework, put it into practice.

5 Evaluate Impact.

Adjust the plan as needed, addressing additional components of coordinated school health. After determining the impact of your plan you should adjust your plan as needed. If your actions are showing progress or have succeeded you may move to address additional components of coordinated school health.

6 Celebrate Progress!

INSERT for Step 6 gives suggestions about how to ‘toot your own horn’ and make sure people know about your school’s successes, no matter how small they are!

7 Re-Assess Needs and Resources

Getting more mileage from...

*How coordinated school health benefits your school
in regard to the following initiatives:*

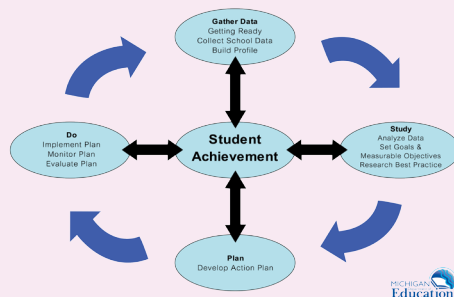
Elementary and Secondary Education Act (ESEA)

- ESEA emphasizes a complete, well-rounded education for all students. It also promotes innovation and continuous improvement that will support student success. The emphasis is to invest in models that keep students safe, supported, and healthy both in and out of school, and that support strategies to better engage families and community members in their children's education. Schools are also required to collect data on school climate. The resources in this packet will assist schools and districts in developing a Coordinated School Health Team that will better help schools address these initiatives.

State Accreditation System

- Your school's outcome on the Comprehensive Needs Assessment (CNA) can reflect ideas and strategies developed by following a coordinated school health process. The CNA includes questions from the Healthy School Action Tools (HSAT) and questions regarding participation in the Michigan Profile for Healthy Youth (MiPHY).

Michigan Continuous School Improvement Process (Mi-CSI) Michigan School Improvement Framework



The coordinated school health framework correlates to and supports the School Improvement Framework with initiatives falling within all five strands. Coordinated School Health can be seamlessly incorporated into the entire school improvement process.

The CNA now includes questions regarding school health. Your school's outcome on the CNA can reflect ideas and strategies developed in this coordinated school health process.



Resources

Books, Articles, Websites

Health Is Academic: A Guide to Coordinated School Health Programs

Eva Marx and Frelick Wooley, Susan and Daphne Northrup, Ed. Education Development Center, Inc: Teachers College Press.1998

Coordinated School Health Programs and Academic Achievement: A Systematic Review of the Literature.

Nancy G. Murray, Barbara J. Low, Christine Hollis, Alan W. Cross, Sally M. Davis. Journal of School Health, November 2007. Vol. 77. No. 9.

Healthier Students Are Better Learners: A Missing Link in Efforts to Close the Achievement Gap.

C.E. Basch (2010). Equity Matters: Research Review No. 6. New York: The Campaign for Educational Equity.

http://www.equitycampaign.org/ii/document/12557_EquityMattersVol6_Web03082010.pdf

School Health Programs: Improving the Health of Our Nation's Youth: At A Glance 2011.

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion

<http://www.cdc.gov/chronicdisease/resources/publications/aag/dash.htm#aag>

www.cdc.gov/healthyyouth

This site provides a wealth of information on coordinated school health, the link between health and academic achievement, and various health related topics.

www.michigan.gov/cshsp

The website of the Coordinated School Health and Safety Programs Unit of the Michigan Department of Education that provides numerous resources related to all eight components of school health.

Association

The American School Health Association (ASHA) is the leading membership organization for school health professionals. It is concerned with all health factors that are necessary for students to be ready to learn, including optimum nutrition, physical fitness, emotional well-being, and a safe and clean environment.

www.ashaweb.org

ASCD provides resources (publications, articles, podcasts, etc.) for educators that recognize the importance of addressing the whole child. www.ascd.org

People

For more information, contact

Michigan Department of Education

Office of Education Improvement and Innovation
517-241-3147

Coordinated School Health and Safety Programs unit
517-241-4285

School Improvement Unit
517-373-8480

Office of Assessment and Accountability
517-373-0048

Office of Early Childhood and Family Services
517-241-3592

Office of Field Services
517-373-3921

Office of Professional Preparation and Teacher Certification
517-373-6505

Office of Special Education and Early Intervention Services
517-373-9433

Michigan Department of Community Health Adolescent and School Health Unit
517-335-8879

The Comprehensive School Health Coordinator in your region can serve as a resource. www.michigan.gov/healthed
Click on "School Health Coordinators" under "Professional Development."

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